

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potato	28 Ounce	1 Package	613738
Tap Water	1 Gallon		

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190°F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	76.33
Fat	0.85g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	313.82mg
Carbohydrates	14.42g
Fiber	0.85g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.70g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 8.48mg	Iron 0.25mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	375.11		
Fat	4.17g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1542.11mg		
Carbohydrates	70.85g		
Fiber	4.17g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	8.34g		
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	41.68mg	Iron	1.25mg

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